Guidelines
Residential Retreat

1998 Website Program Description

The theme of **Guidelines** is to assist the individual in learning methods through which communication can be established with one's Total Self, Inner Self Helper (ISH), Guidance, Non-Physical Friends, or Universal Consciousness. Working primarily in Focus 21, it encourages the practical application of such communications and states of consciousness. With practice, a person can learn quickly and directly to access whatever information is needed. Our goal is to make such lines of communication as direct and natural as possible. During a business meeting, for example, one can calmly and serenely access the communication skills learned and apply them within the context of the situation.

Also included is direct training relating to the out-of-body state and to the use of Dolphin Energy for healing oneself and others. Each participant has his or her own personalized PREP session in the research laboratory isolation chamber during the Guidelines program which is open to graduates of the Gateway Voyage.